

**Montgomery County Fire and Rescue Services
Blood borne Pathogen Exposure
Supervisor's Checklist**

_____ **1. Provide immediate first aid for the employee's injury:**

- a) Needle stick or wound: Wash with soap and water and/or skin disinfectant. Induce bleeding from site.
- b) Eyes, mouth, mucous membranes-irrigate with copious amounts of water for several minutes.

Please refer to Post-Exposure Management policy for detailed information regarding exposure to blood and other potentially infectious materials, and wound care.

_____ **2. Obtain source patient information:**

- a) Date and time of incident.
- b) Name of patient.
- c) Name of hospital transported to.
- d) Known or suspected diagnosis.

_____ **3. Call Hotline - Ensure "First Report filed"**

Supervisor should ensure that a "First Report of Injury" is completed. The incident should be called in to the following numbers:

- a) Montgomery County First Report of Injury line: 888-606-2562 (Note-First Reports will be filed online in the near future).
- b) FROMS Injury and Exposure Hotline: 240-777-5085. Please provide as many details as possible, including the information in #2 (above) and where the employee was treated if the exposure occurred when FROMS was closed. Please also include information regarding whether or not a request was made for source patient testing and results from tests if available – see #5 below.

_____ **4. Obtain testing and treatment for exposed employee. 3 Options:**

A. If FROMS is open:

Employee should come to FROMS if exposure occurs during or close to FROMS' hours of operation. Please contact FROMS at the main number to advise them the employee is coming, 240-777-5185:

Hours of Operation:

Monday, Tuesday, Wednesday, Friday: 7:30 am – 7:00 pm

Thursday: 7:30 am – 9:00 pm

Alternate Saturdays: 7:00 am – 12:00 pm (check Quick links for dates)

Employee will receive all immediate and follow-up testing and treatment from FROMS. Point of contact for all exposure issues at FROMS is Janet Ardum, RN, Clinical Coordinator. She may be reached at 240-777-5143. Janet will follow up with hospitals to ensure that appropriate testing of source patient is completed.

If it is determined by the physician that treatment with prophylactic anti-HIV medications ("Post Exposure Prophylaxis", or PEP) is warranted for the employee, FROMS will provide the employee with the first dose and a prescription for the rest. Medications may be obtained from a pharmacy of the employee's choosing and are more likely to be available from a larger, urban store. The CVS located next to Rockville Station 3 stocks the medications at all times, is open from 8:00 am until 10:00 pm, and may be contacted at 301-279-9144. Fire Fighters may also benefit from the First Script Pharmacy Benefit Program. Information on this program is available at FROMS or from the First Script Help Desk, open 24 hrs. per day, 7 days per week, at 1-800-753-8835.

Note on treatment with PEP: There is no firm recommendation from the CDC regarding when to begin treatment other than "...hours rather than days". Review of the literature reveals that opinions vary widely on when to begin PEP, but agree that it should begin as soon as possible, and no later than 72 hours after the exposure. Studies have been done which indicate decreased efficacy of PEP after 24 and 36 hours. Other important factors which play a role in when to begin PEP are type of exposure and hepatitis status of both employee and source patient. If an employee has experienced or is concerned that he/she may have experienced a high-risk exposure (e.g., needle stick from a known HIV-positive source), they will likely feel more comfortable seeking immediate care rather than waiting to come to FROMS in the morning.

(Sources for information in this paragraph: National Clinicians' Post-Exposure Hotline; CDC Morbidity and Mortality Weekly Report, September 30 2005, Vol. 54, No. RR-9).

Employees experiencing an exposure on a weekend should seek care from an alternate source. Exposures warranting treatment within 24 hours include high-risk blood borne pathogen exposures and bacterial meningitis.

B. If FROMS is closed-Treatment at Provider, ER, or Urgent Care Center:

The employee may go to any provider, ER, or urgent care center of his/her choice. This includes the hospital to which the source patient was transported. All hospitals in Montgomery County will test and treat the Fire Fighter as long as he/she registers as a patient, with the exception of Suburban Hospital. A good choice is Shady Grove Adventist Hospital, as they have an ongoing relationship with MCFRS.

If it is determined that treatment is warranted, the hospital will provide the first dose. They will then either give the employee enough medication to tide them over through the weekend, or give them a prescription.

The employee must contact or report to FROMS on the next business day.

C. If FROMS is closed-Treatment via Montgomery County Designated Treatment Provider:

All Montgomery County employees may receive treatment for blood borne pathogen exposures and/or other injuries or exposures from Medical Access, a facility which has contracted with the County to provide such care. They are available 24 hours per day, 7 days per week. Information follows:

Medical Access

19504 Amaranth Drive
Germantown, MD 20874

Hours of Operation:

Monday – Friday: 8:30 am – 7:30 pm
Saturday, Sunday: 10:00 am – 5:00 pm
(Including Federal holidays)

Telephone numbers

Office 301-428-1070

After hours, please call answering service at 301-552-0955.

If you do not receive a return call within 30 minutes, please contact Dr. Manbir Takhar directly at 301-483-1905

The employee must contact or report to FROMS on the next business day.

Note: Evaluation of the employee with a blood borne pathogen exposure should include the following components:

- a) HIV testing and exposure risk stratification in regard to need for PEP.
- b) Hepatitis B immune status (antibody) and antigen status if immunity is unknown.
- c) Hepatitis C status

5. Ensure Testing of the Source Patient.

Employee and/or supervisor should contact the Emergency department supervising nurse or physician where the source patient was taken, explain the situation, and request that the following lab tests be performed on the patient:

- a) HIV antibody
- b) Hepatitis B surface antigen
- c) Hepatitis C antibody

When possible, having a physician make the request for source patient testing is preferred.

FROMS will follow up on all source patient test results and notify the employee as soon as the results are available.

Note: Maryland law provides that for exposures involving EMS and public safety personnel, HIV testing can be performed on the source patient without consent if the patient is unable or unwilling to give consent. All EMS Duty Officers have been provided with a copy of the law.

